Update: Switching off TV and Music for instant auto regulation this reduces the capacity needed to recover.

Computers and phones are more unsafe than ever these days. Practicing staying offline will increase security.

You can install batocera (Linux os) which turns your computer in to a game console. Google for more info.

Status:

Able to have excitement and gaming and music. A game console, phone and android (for documents and music) tablet is what I generally stick too. The computer is only used for games I can only play get if it is only good enough experience on it from a PC. Emulationstation covers PC games through the Steam folder. Having all the emulators including better emulators in the Steam folder for Emulationstation. This way all the games and apps, emulators are combined in to a single screen of selectable content with the ability to generally use only the Xbox controller. Xbox Controller does not have a microphone so that is good for security. Gen2 Xbox wireless Receiver usb adapter also detect Xbox Series X controllers to.

You may want to consider migrating games to offline too getting some offline patches for games too from gamecopyworld.com

Xbox Series X will play some of the games you enjoy offline (all my favourite games work offline). Emulationstation can use folder shortcuts if the PC game does not launch off it

By doing this the organs allow more chemistry flow and more excitement. This lightens the workload for my brain. Why bother to keep fighting the situation to use a PC as a first frontline use of technology when the brain shuts down excitement, shuts down organ regulation.

Solution: Comprehension and Control and technology which provides a more automated feel. Game consoles, android devices are the frontline of technology instead of my Windows PC. -

This provides more excitement and interactions. I do not generally at all speak to anyone online either. Dream state needs to stay in control of activity if you have lost your mind too far. If you use a computer for music I suggest you use a tablet or phone instead. If your speakers do not support Bluetooth then eBay sells adapters to turn speakers in to Bluetooth devices. If you are not sure check YouTube or Google for more information.

If your brain is fighting over PC usage to see if you can use then understand it might be trying to challenge what a computer can do and understand this will affect your ability to have fun on it. The most automated processes to cover up any Windows appearance may be required...such as emulationstation. This can be used for shortcuts for computer games too in the steam folder by creating a shortcut. This doesn't mean you will not have problems. Run a capacity assessment if you need to.

If you have just woken up for the day and have negative symptoms of schizophrenia you may require an extra boost and drag of auto regulation, get your hands and act like a mage while focusing on the organs, send your intent for auto regulation in anyway you can, this works for me and if it doesn't you need to teach the mind how to do this. If nothing seems to be working you need to understand there may be a different problem if you have been denied everything from chemistry generation. See other sections if problems persist.

If you have trouble channelling in this information you need to understand you need to use an assets in your mind to channel through information properly or more efficiently. For example if you use the imagination to start up a bot program to channel in communication or whatever it may be this may greatly assist in channelling information. This may help with psychosis too.

If your mind trolls you too far and there too many cocinedences then treat your situation like a simulation

You can push in the lower back, section of the lower back of the skull and connection behind your gut using thought you force serotonin to cooperate. You may be able to thought push on the top middle left and right temple too, provided it has filled up with chemistry.

Once you have gotten enough serotonin in the mind and have activate you should be able to push through dopamine by focusing on the organs on the left and right to the lower sides underneath the rib cage. Reapply and needed.

Be aware if you need to take action through troubleshooting and it seems like the alters use the programming against you it could be a cover up. Take in the programming instead because there might be already various alters/programs assigned to complete the chore. This can make the troubleshooting process a lot easier so you can go back to having fun. Signal to the alters using your mind to see if they start covering up.

Chemistry Access, DID System Understanding, Excitement, Tools Chart

Understanding, War Video Game Understanding